

Monson Parks & Recreation Department Presents

3 OPPORTUNITIES



8 weeks each ♦ Tuesday evenings ♦ April 5—May 24
in the Sylvia DeSantis Room of the
Monson Free Library



ALL LEVELS YOGA

5:45-6:45 P.M.

MEDITATION

7:00-7:50 P.M.

KIDS YOGA

(Ages 9-12)

4:15-5:15 p.m.

\$90 per participant for the eight class series

Bring your yoga mat, comfortable layered clothing, blanket, scarf or eye cover,
and any props that will honor you.

Limited space available ~ sign up early

Pre-register with the Monson Parks & Recreation Department

413-267-4105 • mpr@monson-ma.gov



Teacher Laura Mushenko 500RYT~ For any questions, please contact Laura.
www.lauram.org ~ 413-530-0964 ~ laura@gardenofom.com